Ask for No. 4760

Mahogany Rus-

sia Lace Oxford,

new college heel,

with rubber

newest

nove!ty

With Browned Salmon.

Melt one tablespoon of butter, add two tablespoons of flour and salt and pepper and cook together until bubbling. Then add two-thirds of a cup of milk gradually, stirring all the time. Cook until thick and smooth, then add two-thirds of a cup of salmon and one cup of cooked rice. Have a hot greased frying pan ready, pour in the mixture, saute for ten minutes, then bake in a hot oven for about thirty minutes, fold like an omelet and turn onto a hot platter. This will serve four persons.

Creamed With Stewed Fruit.

Creamed With Stewed Fruit.

Wash one cupful of rice in several waters and boil it quickly in water for five minutes. Drain, add two cups of milk and cook slowly until the rice is tender and the milk absorbed. Dissolve one-half a tablespoonful of powdered gelatin in four tablespoonfuls of boiling water and add it to the rice with two tablespoons of sugar, one teaspoon of vanilla extract and one-half a cup of whipped cream. When cool, pour into a wet mold and leave in a cool place until firm. Turn out and serve with any kind of cold stewed fruit in the center.

Eggplant and Rice.

Eggplant and Rice.

Cottage Cheese and Rice Rolls.

Rice and Mushrooms

Have ready a pastry case. Peel some mushrooms, allowing five or

six to each person, and cut off the

Various loaves or rolls can be mad-

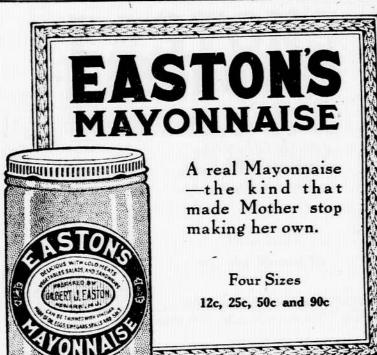
Constipation another day!

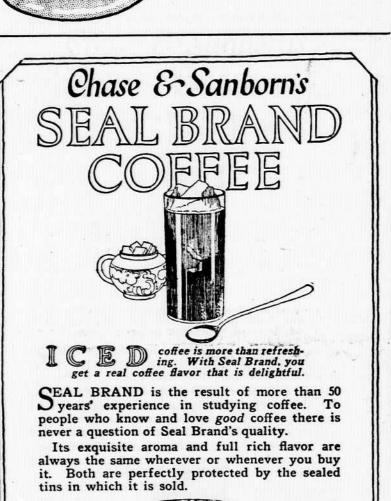
Ask to see this Charming

Don't delay the fight against

Take -To overcome that tired, languid feeling occasioned Notice by the heat of summer days

is Incomparable___





In 1, 2 and 3 pound tins. Whole bean,

steel cut or perco-lator grind.



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Meadow Gold Butter

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Health and Thrift in the Home

APPETIZING DISHES MAY BE MADE WITH RICE FOUNDATION

Should Be Used With Generous Supply of Fruits and Vegetables-Summer Meat Bill Reduced.

HEN rice is used in considerable quantities in the diet, care should be taken to supply fruits and vegeables generously in order that the mineral substance which the body needs may be provided. The meat bill for summer can be greatly reduced by making rice the foundation of different appetizing dishes where a little meat is used for seasoning, together with other vegetables, gravies and

When cooked properly, rice is nutritious and palatable and digests well. It can be cooked quickly, without the

into cylinders, dip in egg and then in crumbs, and fry in hot fat to serve as a dessert, or add salt, pepper and parsley for croquettes to serve with read as a vegetable at a meal at which meat, eggs, beans, gravy or other foods rich in protein are served.

Wholly or partly cooked rice can be used with cheese, minced meat or poultry, fish, eggs, beans and other food for a variety of made dishes, in which most of the needed food elements are present. It also supplies body and substance to stews, soups and puddings.

Instead of serving rice plain as a vegetable, it may be stewed with tomato juice, soup stock or milk, or it may be seasoned with curry powder, onions or other seasoning materials.

As a cereal for breakfast, rice may be boiled in milk and sweetened, or eaten with butter and salt. If liked, dried fruits, such as dates or raisins, may be cooked with a pancake or muffin batter of wheat, buckwheat or corn meal, makes a pleasing addition to such food products, reduces the function of the products of the ringredients needed and furnishes a method for using the left-over cereal. Cold boiled rice also may be used with or without a little meat, chicken or seasoning vegetable, for croquettes, to serve under poached eggs with parsley for croquettes, to serve under poached eggs with cream sauce.

Boil one small fat chicken in a small amount of water until a rich broth is formed. Strain through a colander. Add two cups of rice to the broth, also one stick of cinnamon, and, after seasoning it to taste, with sait and pepper, cook it over a strong fire until all the water is evaporated. It is scalding hot, add to it a cupful of cooked rice. Cover and let stand for twenty minutes. Mold it into his scalding hot, add to it a cupful of cooked rice. Cover and let stand for twenty minutes. Mold it into his scalding hot, add to it a cupful of cooked rice cover and hollow out the inside of each. Fill with chopped chicken and decorate with sliced pickled beets.

Mix together six tablespoons of water for the product of the pr variety of puddings and other des-

Fluffy Boiled Rice. Wash some rice thoroughly through several cold waters. If you are boiling half a pound of rice, put three quarts of boiling water into the kettle. When the water boils rapidly, sprinkle in the rice, wait until the water boils again, give the rice a

toss with a fork, and let it boil at a gallop for twenty minutes. The motion of the water will wash the grains apart and prevent them from being stoky. grains apart and prevent them from being sticky. Drain the rice in a colander, throw over it a cupful of cold water, loosen with a fork, and place at the oven door to dry. Dish it onto a platter, tossing out with a fork. Serve as a vegetable, with any meat or fowl or with stewed fruit of

Dishes From Left-Over Rice. Dishes From Left-Over Rice.

Left-over rice may be rewarmed by throwing it for a minute into boiling water. Drain and dry, or add two, eggs and season the mixture with salt, sugar and cinnamon. Make it into cylinders, dip in egg and then in crumbs, and fry in hot fat to serve as a dessert, or add salt, pepper and parsley for croquettes to serve with meat dishes, or make into pancakes to serve under poached eggs with cream sauce.

Rice With Chicken.

Pare and slice an eggplant and cut the slices into dice, sprinkle with salt, cover with boiling water and let them stand for ten minutes. Drain, add two onions, one tablespoon of chipped parsley and one-half a cup of rice. Put this into a saucepan with one quart of hot water, and cook uptil the water is nearly absorbed; then put the mixture into a casserole or earthenware dish, add one teaspoon of butter, two teaspoons of sugar, one-half a cup of strained tomato, salt and pepper to taste, and bake in an oven for twenty minutes. Serve in the earthenware dish in which it was baked.

Cottage Cheese and Rice Rolls.

rice is soft, or for about one hour. Stir often enough to keep the rice is soft, or for about one hour. Stir often enough to keep the rice from settling. Half a chopped green sweet pepper may be added to vary the flavor. Drippings give a fine flavor.

Baked With Eggs.

Grease a baking dish. Fill it half full of well seasoned boiled rice. Make as many depressions in the rice as there are people to be served. Break an egg into each of these, sprinkle with salt and stew with bits of butter. Bake until the eggs are set. Serve hot.

Rice and Egg Omelet.

Beat the yolks of three eggs and the double rice and grantshed with fresh or cooked vegetablec that have been tossed in French dressing. Salad dressing is frequently served with these rolls.

PERSONAL HEALTH SERVICE

By William Brady, M. D. Noted Physician and Author.

The Perils of Benzol.

Since the war a new solvent has introduced in rubber goods nanufacturing (tires, footwear, rabper hose, etc.), certain processes of straw hat manufacture, the making of sealing mixtures for tin cans, as a of sealing mixtures for tin cans, as a solvent for fabrikoid and to some extent as a substitute for gasoline in motor engine fuel. This new solvent is benzene or benzol, and it is a polson sometimes producing swift death when inhaled in vapor or fumes. It is a coal tar distillate, and is not to be confused with the well known petroleum distillate called benzin, which is practically innocuous. This instance, cited by Dr. Alice Hamilton, who is a leading authority on inidustrial bygiene, illustrates the potency of benzol:

"In one of the great steel mills of Pennsylvania two men were sent to

Pennsylvania two men were sent to change coils in a benzene (benzel) tank which had been thoroughly blown out with steam. One of them was not affected at all; the other was overcome by the fumes and died."

And here is another instance which Dr. Adams cites in her report on the

And here is another instance which Dr. Adams cites in her report on the "Menace of Benzene (Benzol) Poisoning in American Industry:"
"Even greater precautions had been taken in an English tank car which had been emptied of benzene, washed with water, steamed out, then left for twenty-four hours full of water, washed out twice, boiled for twelve hours, and finally left for ten days with the 16-inch manhole open. Nevertheless, the man who was sent in collapsed; and although he pulled out in time, one of his rescuers died."

A man went to the top of a still in a benzene refining plant in New Jersey to find out what was wrong. There was a bad leak, he was overcome by the fumes and fainted, and although it was only two or three minutes before two other men rescued him, he was moribund. Both of his rescuers fainted, but were revived.

A workman in a Pennsylvania plant

vived.

A workman in a Pennsylvania plant relied upon a Draeger helmet to protect him when he entered a benzene tank, but was overcome by the fumes and died. Before any man may safely enter a tank in which benzene has been some white mice should be used to test the air in the tank; if the mice survive when lowered to the bottom, then it is safe for the man to enter, not pefore.

then it is safe for the man to enter, not before.

Nine girls employed in a tire factory using a rubber cement in which benzene was the solvent suffered hemorrhages from many parts of the body, hemorrhages into the skin and mucous membranes, and four of them died in less than four months. Several similar cases occurred in a Maryland can factory in which girls were employed to work with a sealing mixture having benzene for the solvent.

mixture having benzene for the solvent.

It appears that this excellent and cheap solvent for rubber, resins and other trade materials attacks the blood corpuscles (as do most coal tar derivaties used as medicine) and also produces grave injury to the nerve centers. Serious poisoning may occur from breathing air containing as little as one part of benzene (benzol) in 10,000 parts of air.

A strong suction should be installed at the point of origin of the fumes, when benzene is employed industrially, to carry off the fumes and protect the worker from a lethal poison, But, as Hamilton says, "How is this to be done in the varnishing of automobiles, removing shellac from the pews of a church, cementing fabrikold on textiles or building automobile tires?"

QUESTIONS AND ANSWERS. Brown and Blue Eyes.

Brown and Blue Eyes.

Is it possible for parents who are both distinctly brown-eyed to have blue-eyed children. T. L. F.

Answer—All eyes are brown. If there is no pigment in the iris (the ring around the pupil) the individual is called an albino. If there is very little brown pigment, the eyes are called "blue." If a little more pigment, "gray." If still more, "brown." The most deeply pigmented irises give the illusion of "black" eyes. The wonder is that children so frequently do have eyes pigmented about in the same degree as their parents, or not greatly unlike the eyes of their parents. It is not surprising that blue eyed children are born of brown-eyed parents, as is often the case. All eyes are blue at birth, the pigmenta-

stalks. Wash and peel the stalks and chop. Make half a pint of white sauce with milk, add the chopped stalks, a little chopped parsley, salt, pepper and a teaspoonful of cooked minced onion. Simmer the mushrooms in this, and when done mix in two ounces of rice cooked in stock and drained. Serve in the case very late.

Answer—"Bee" wine is very pad for the kidneys and for the health generally. The United States government issued a warning against the use of the wild or impure yeasts rice on the platter, pour the raisins known as "bees" for fermentation.

Boned

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THE CROWN CORSET CO., 295 Fifth Avenue, New York City

FAVORITE RECIPES OF WOMEN

One-half dozen bananas (or any

add them to one cup of medium white sauce, then add one cup of cooked rice. Beat the whites of the three eggs very light and fold into the other materials. Turn into a greased frying pan and cook like an omelet at a moderate heat until the under surface is browned, then turn out on a hot plate or bake in a greased pan in the oven until a knife blade when inserted in the center comes out clean. Three tablespoonfuls of grated cheese may be added if liked.

Soup With Vegetables.

When boiling rice do not throw quantity desired). One-half cup walnut meats

When boiling rice do not throw away the water, but add to the rice and water bits of celery tops and green onions, a little parsley or any other tender greens you may have, and cooked peas or string beans cut up. Season with salt and pepper and simmer gently until the vegetables are done. More water may be added if necessary.

With Browned Salmen. Cottage Cheese in Cucumber. Cottage cheese served in a cucumber boat is cool and appetizing on a warm day. Cut the cucumber in halves lengthwise, scoop out the pulp and fill the shell with the cheese, then place on ice and serve cold.

Peach Pudding, Whipped Cream.

Menu for a Day. BREAKFAST.

LUNCHEON. Omelet Chocolate Cases Tea Fig Mold

DINNER

Rose Petal Complexion plexion aided by Nadine Face Powder This exquisite beautifier imparts an indefinable

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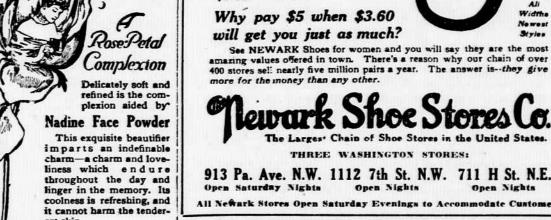
Drive constipation out of your family—and with it will go most of the ills humanity is heir to, because authorities tell you 90% of sickness can be traced directly to constipation. Did you know that constipation is the DIRECT CAUSE OF DIABETES and BRIGHT'S DISBASE? Don't minimize the dangers of constipation that threaten you and every member of your family. Fight constipation!

Pills and cathartics only aggravate already dangerous conditions. What you need is BRAN—Kellogg's Bran, cooked and krumbled. It is heartily indorsed by physicians for constipation! Bran's action is entirely mechanical, but it is positive! Bran sweeps, cleans and purifies, yet it is simply a nature food—a "roughage" that the eliminative tract demands and that assures re-Grind meats and roll bananas in meats with a little brown sugar and nutmeg flavor. Put a little butter in pan and bake until a nice brown. Then add one-half cup of cream and

(Copyright, 1922.)

Cereal Graham Gems

Cream of Asparagus Soup Fried Halibut Baked Macaroni and Peas Lettuce and Pineapple Salad, e and Finessing French Dressing Lemon Meringue Pie





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